



# The Journal

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## Animal Ambassadors Visit USO



PHOTOS BY MC3 WILLIAM PHILLIPS

Children and adults interacted with Sea World's Animal Ambassadors including an anteater, sloth, armadillo and screech owl that visited the USO Warrior and Family Center on Naval Support Activity Bethesda June 15. The mission of SeaWorld's Animal Ambassadors mission is to inspire guests through education and up-close experiences to care for and protect the marine environment.

## 'Feds Feed Families' Campaign Underway on NSAB

By **ANDREW DAMSTEDT**  
NSAB Public Affairs staff writer

Donation boxes have popped up around Naval Support Activity Bethesda (NSAB) as the installation once again participates in the annual Feds Feed Families food drive.

Last year, NSAB collected 805 pounds of food and was one of several U.S. Navy bases in Naval District Washington that participated in the campaign.

The food drive started June 1 and continues until Aug. 31. Non-perishable items will be donated to the Capital Area Food Bank. Feds Feed Families was started in 2009 as a way to counter a decrease in donations to food banks in the summer months.

In 2015, the Feds Feed Families program raised 17.9 million pounds of food, and 57.2 million pounds have been donated since the program started in 2009.

Linda Cronin, 2016 Feds Feed Families national program manager, said the government-wide initiative has been successful in previous years and they are hoping to top last year's donations.

She'd like people to consider donating food throughout the entire campaign.

"I hope that people really consider – instead of cleaning out the pantry, consider that this hunger issue is year round, that when they go to the grocery store they can pick out healthy things to donate throughout the campaign and not just wait until the end of the campaign," Cronin said.

NSAB has several locations where donations of non-perishable items can be made.

The most needed items are canned tuna, salmon or chicken; canned vegetables; canned fruits; brown and white rice; pasta; hot and cold cereal; canned or dry beans; peanut butter; juices and healthy snacks such as granola bars, according to the Capital Area Food Bank.

To donate fresh food, such as fruit, vegetables, herbs and nuts, look up a local food pantry at [www.ampleharvest.org/](http://www.ampleharvest.org/) to find one that accepts fresh food. Employees are also encouraged to take advantage of gleaning, which is clearing fields of unused produce to donate to food banks. Gleaning opportunities can



be found at <http://www.midatlanticgleaningnetwork.org/>.

For more information, visit <http://www.usda.gov/wps/portal/usda/usdahome?navid=feds-feed-families>.

For information about NSAB's participation contact the Command Chaplain's office at 301-319-5058.



# Team Navy Adds to Medal Count at DoD Warrior Games

By SHANNON LEONARD  
special contributor to Navy  
Installations Command  
Public Affairs

WEST POINT, N.Y. (NNS) — Navy wounded warrior athletes excelled at shooting events during the fourth day of competition, at the Department of Defense Warrior Games in West Point, New York, June 19.

Shooting events involve competitors using air pistols and air rifles to fire a series of shots at a stationary, electric target. Shooting categories include air pistol, air rifle (standing) and air rifle (prone), all at a distance of 10 meters.

Senior Chief Culinary Specialist Maria Torres competed in the air rifle prone division.

“I won the bronze medal today and it was really exciting!” Torres said. “I was not expecting to [receive a] medal. We have an awesome team of Navy shooters and I just feel very blessed to have this opportunity.”

Torres was diagnosed with breast cancer in 2009, and in 2014 she was diagnosed with metastatic breast cancer in the bones. She shared feelings regarding her involvement with the Navy Wounded Warrior — Safe Harbor (NWW) adaptive sports program.

“Adaptive sports has kept my mind away from feeling sorry for myself and has given me a sense of accomplishment,” said Torres. “It has also helped me realize that there are still many things that are possible even in my current physical condition.”

Team Navy had a strong showing in the shooting competition, winning three gold and three bronze medals.

Retired Lt. j.g. Laura Root, who is competing in her third Warrior Games, won gold in the air rifle prone open event and bronze in the air rifle standing open event.

“For me, the greatest part of today was



PHOTO BY PETTY OFFICER 1ST CLASS KIONA MI

**U.S. Navy veteran Hospital Corpsman 1st Class Luis Surla, an athlete with Team Navy, rests his chin on an air rifle prior to shooting a stationary and electronic target during a shooting competition at the U.S. Military Academy located in West Point, New York as part of the 2016 Department of Defense Warrior Games.**

when the coaches from other teams, venue managers, and volunteers came in after the competition to thank Team Navy for being the most helpful and spirited,” said Root. “We really had fun out there today and it was great to watch our new athletes mentor fellow competitors.”

On the fifth, and final, day of competition for Team Navy — and first day of summer — 13 athletes competed in swimming. Events included 50-yard freestyle, 100-yard freestyle, 50-yard backstroke, 50-yard breaststroke, and 200-yard freestyle relays in both men’s and women’s categories.

Retired Machinist’s Mate 2nd Class Christopher Lowe competed in the 50-yard freestyle, 100-yard freestyle, 50-yard breast stroke, and 200-yard freestyle relay.

After an accidental false start by Lowe, the 50-yard freestyle heat began.

“I am thankful I was not disqualified after my false start, especially since I performed a personal best in the competition,” said Lowe. “I had a good time this week and that is a rare feeling when you do not have a job anymore and have a disability. Training for the games gave me a reason to get out of the bed in the morning.”

Thirty-eight seriously wounded, ill and injured Sailors are competing on behalf of Team Navy this year. The Warrior Games are being held June 15-21. Approximately 250 wounded warrior athletes are participating in the competition.

NWW, which sponsors Team Navy, is the Navy and Coast Guard’s wounded warrior support program. Team members have upper-body and/or lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses and post-traumatic stress.

## Bethesda Notebook

### Two-Day Blood Drive

A two-day blood drive will be held June 29-30 from 9 a.m. to 2 p.m. each day in Bldg. 9, mezzanine level. Walk-ins are welcomed, but appointments are encouraged. Appointments can be made at the website [militarydonor.com](http://militarydonor.com) using sponsor code WRNMMC.

### Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

### Morning Prayer

Chaplain (Army Lt. Col.) Joseph Ko leads a morning prayer every weekday morning from 6:30 to 6:50 a.m. (except holidays) in the hospital chapel (Liberty Bldg. 8, first floor). Everyone is invited to attend. The service is also shown on the medical center’s closed circuit “Flag Channel” (Channel 14) in most patient rooms.

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# NSAB's Navy College Office Closing Oct. 1

By MC3 WILLIAM PHILLIPS  
NSAB Public Affairs staff writer

The Navy College Office (NCO) aboard Naval Support Activity Bethesda (NSAB) is set to close Oct. 1.

"We are moving toward increasing virtual self-service options to Sailors," said Lt. Cmdr. Kate Meadows, public affairs officer for Naval Education & Training Command.

A call center will be available to Sailors in need of assistance.

"If Sailors need assistance, the Navy's Virtual Education Center (VEC) located in Dam Neck, Virginia, is available and is being expanded. Their hours are 6 a.m. to 9 p.m.," said Meadows.

Classes will still be offered on base for Sailors.

"Academic Institutions will still have space allocated to use for class," said Meadows. "It will be coordinated through Region Advisors who will be supporting and advising installation commanding officers and facilitating access

for academic institutions to operation on base."

NSAB's NCO is one of 16 offices that are closing around the country.

The closure of the NCO will not affect Sailors tuition assistance.

"We are committed to provide Sailors with opportunities to earn degrees and certificates," said Meadows.

For more information on the Naval Education and Training Command, visit <http://www.netc.navy.mil>.

## Naval Support Activity Bethesda Parking Ratio, Governing Policies Explained

By RYAN EMERY AND RON INMAN

*Editor's Note: The following article is provided to give background and context to the parking environment for patients, staff and visitors aboard Naval Support Activity Bethesda (NSAB).*

### Background

The National Capital Planning Commission (NCPC) is the federal government planning agency which determines the parking ratio for federal properties in the National Capital Region (NCR). NCPC's mission is to preserve and enhance the extraordinary historical, cultural and natural resources and federal assets of the NCR.

The setting of parking ratios falls under the purview of the NCR. When doing so, the agency reviews federal agency master plans and takes into consideration the distance to a Metrorail station as the primary factor in determining the ratio. In its 'Comprehensive Plan for the National Capital,' NCPC lists its criteria for distance as: "If a federal building is located within a federal campus or enclave: from the entrance of the Metro station to the closest portion of the perimeter of the federal campus or enclave."

The NCPC has review rights for the NSAB Master Plan, and has determined that NSAB fits into the NCPC category of 'Suburban areas within 2,000 feet of Metrorail – One parking space for every three employees.' The installation is located across the street from the Medical Center Metro station, so the parking ratio was set at one space for every three employees (1:3).

The intent of setting these ratios is to reduce overall traffic and parking congestion.

### Governing Policies & Procedures

In each Master Plan there is a Transportation Management Plan which is required to illustrate how



PHOTO BY MC3 WILLIAM PHILLIPS

transportation will be managed at each federal location. The 2014 NSAB Master Plan explains the parking ratio and provides a brief outline of the current parking regulations:

*There are approximately 11,686 employee and 3,525 staff parking spaces for a parking ratio of 1:3.32. Staff parking at the installation is by permit only and is distributed to various tenant commands at the installation based on the size of the command. Patients and visitors also have dedicated parking available. Preferential parking spaces are available and assigned to carpools and vanpools. Approximately 450*

*carpool/vanpool groups are currently registered.*

Each command has a parking champion who distributes permits based on their command's specific business rules. These are not developed by NSAB.

In addition there was an Environmental Impact Study conducted to study the impacts of the upcoming Medical Center Addition and Alteration (MCAA) of Walter Reed National Military Medical Center. The study focused on the impacts of the upcoming construction, including the environment and area roadways.

The August 29, 2013 Record of Decision for this Medical Facilities Development and University Expansion signed by Mr. Roger M. Natsuhara, The Principal Deputy Assistant Secretary of Navy for Energy, Installations and Environment, states that:

*Additionally, the staff parking ratio will continue to be in compliance with the NCPC ratio of one space for every three employees.*

Naval Support Activity Bethesda is therefore complying with the NCPC parking ratio policy for federal campuses in the National Capital Region.



# ‘Invisible Wounds of War’ Now Visible

By SHARON HOLLAND AND SARAH MARSHALL  
USU External Affairs

Scientists have discovered a unique pattern of scarring in the brains of deceased service members who were exposed to blast injury that differs from those exposed to other types of head injuries. This new research was published online June 9 in *Lancet Neurology*, “Characterization of Interface Astroglial Scarring in the Human Brain after Blast Exposure: a Post-mortem Case Series.”

“Our findings revealed those with blast exposure showed a distinct and previously unseen pattern of scarring, which involved the portion of brain tissue immediately beneath the superficial lining of the cerebral cortex – the junction between the gray and white matter – and the vital structures that are adjacent to the cavities within the brain that are filled with cerebrospinal fluid. Those areas of the brain, damaged by blast, suggest that they may be correlated with the symptoms displayed by those who sustained a traumatic brain injury, or TBI,” said Dr. Daniel Perl, study senior author and professor of neuropathology at the Uniformed Services University of the Health Sciences (USU). “This scarring pattern also suggests the brain has attempted to repair brain damage from a blast injury.”

To better understand these blast brain injuries, researchers from USU, the Department of Defense Joint Pathology Center and the University of Colorado’s School of Medicine examined brain tissue specimens derived from deceased service members who had been exposed to a high explosive blast injury and had suffered several persistent symptoms. The researchers examined the brain tissue from five service members with remote blast exposures, as well as brain tissue of three service members who died shortly after severe blast exposures. They also compared these results with brain tissue from civilian (non-military) cases, including five with remote impact TBIs, and three cases with no history of a TBI.

“This changes the earlier paradigm of ‘battle injury’ and demonstrates unique and specific biological changes in brains due to these injuries,” said Perl, who also serves as director of USU’s Center for Neuroscience and Regenerative Medicine TBI Brain Tissue Repository.



USU COURTESY PHOTO

**Tissue samples of blast TBI brain injuries (right) compared to non-blast TBI samples indicate the presence of a distinctive pattern of scarring, as reported online in *Lancet Neurology*.**

Military members sustaining a TBI have often reported suffering from persistent post-concussive symptoms, which include a mixture of both neurologic and behavioral disturbances.

“These can include problems such as headaches, difficulty concentrating, sleep disorders, memory problems, depression and anxiety. Despite these prominent symptoms, conventional neuroimaging for mild TBIs typically has not allowed providers to ‘see’ brain abnormalities, leading this to be considered the ‘invisible wound,’ said Perl.

“This publication sheds some light, for the first time, into the nature of the persistent behavioral/ neurologic issues

being reported in numerous service members who have been exposed to high explosives. It will certainly stimulate important further research and change how we think about these problems. The Department of Defense, through the Military Health System, is at the cutting edge of research dedicated to caring for our troops, and I hope that these findings will point the way into devising more rational approaches to their diagnosis, prevention and treatment,” Perl said.

Other members of the research team include co-lead authors Sharon Shively, M.D., research assistant professor in USU’s Department of Pathology and USU contract employee of the Henry M. Jackson

Foundation for the Advancement of Military Medicine; Iren Horkayne-Szakaly, M.D., neuropathologist and neuromuscular pathologist, Joint Pathology Center, Defense Health Agency; Robert V. Jones, M.D., senior neuropathologist, Joint Pathology Center, Defense Health Agency; James P. Kelly, M.D., professor of Neurosurgery and Physical Medicine & Rehabilitation, Colorado School of Medicine; and Regina C. Armstrong, M.D., professor of Anatomy, Physiology and Genetics, and director of USU’s Center for Neuroscience and Regenerative Medicine at USU.

Funding for the study was provided by the Defense Health Program.

# Helping Kids Understand Savings

By **BRIAN PAMPURO**  
AFC, NSAB FFSC

Naval Support Activity Bethesda's Fleet and Family Support Center Personal Financial Management Team would like to offer six tips to help you teach your children how to save and get them on the road to "financial freedom."

1. Match your child's savings dollar-for-dollar, quarter- for-dollar or whatever comfortably fits your budget. Who doesn't like free money? It may not seem free to you, but the saving habits you are instilling now can save you a lot of money later.

2. Give your kids interest on their savings. You can customize the interest rate so that their account can grow at a faster rate. This is another example of "free money" and over time will introduce them to the power of compound interest.

3. Albert Einstein called compound interest the next greatest wonder of the world and for good reason. Over time, even small balances of money can grow into sizable amounts. A good way to help children understand compound interest is by allowing them to "see their money grow" visually. Demonstrate compound interest using a chart or spreadsheet. For something a little more "kid friendly," you can use a kids' online savings program of your choice or visit your local bank or credit union to see what resources and programs they might offer for educating children about saving and investing.

4. Put your kids in charge of buying their own stuff. This is usually done through allowance and includes all those extra things that kids usually want such as candy, video games, trading cards and cell phones. You will be astonished at how frugal your child will become when it boils down to them spending their own cash and not yours. This has the added benefit of saving you money. Additionally, allowances should be given for teaching financial responsibility and should not be associated with household chores or emotions. Chores, household duties and good grades should be taught and instilled as a responsibility. In other words, kids should not expect to get paid for helping Mom and Dad around the house. Do you get paid extra for washing the clothes, mowing the lawn, cooking meals, raking the yard or cleaning up after yourself?

5. Give your kids concrete reasons for saving by establishing personal financial goals. Make sure their goals are realistically attainable in a reasonable period of time. This will increase the likelihood that they will want to continue setting financial goals. As they do so, you can provide guidance and help them increase times and amounts they want to save. The goal-setting skills will help them when they are ready to purchase a house or car.

6. Help your kids open a savings account at that previously-mentioned bank or credit union. Kids love to act "grown-up" and tapping into this interest may be the spark that ignites their life-long saving habit, not to mention; it's harder to spend money that you do not have immediate access to. Encourage your children to categorize their savings into three groups — Saving and investing, giving back (charity, church and



community) and spending. Recommend to your children that they deposit at least 10 to 20% of any money they receive as allowance, gifts, or work such as babysitting, mowing lawns or selling lemonade into their saving and investing accounts. Encourage an additional 10% to be set aside for Giving Back to charity of your child's

choice or for church tithing. The remainder can then be set aside for future spending based on the financial goals they have established.

Children look to their parents for guidance. If you model good savings behaviors, money management skills and savvy consumer habits, chances are, your kids will probably do the same.

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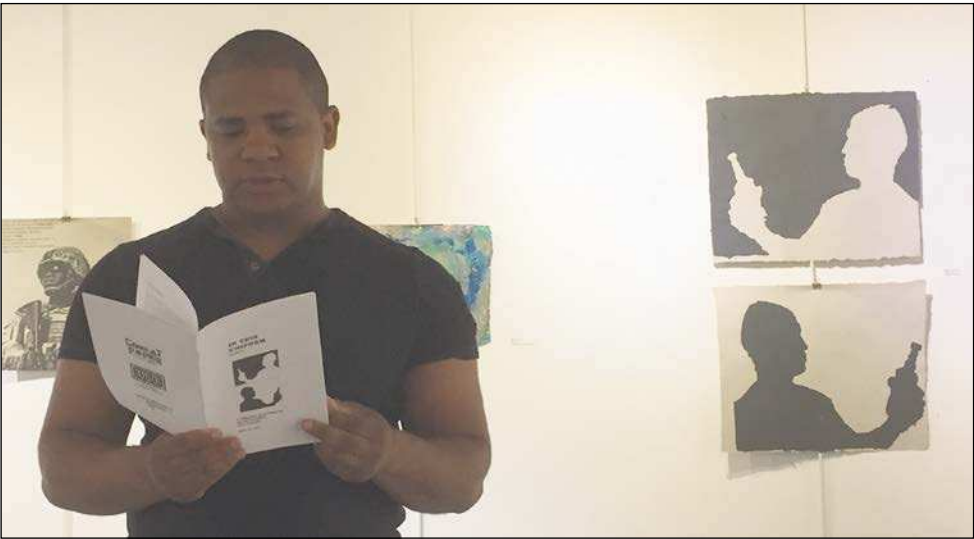




# Workshop Turned Uniforms into Art

PHOTOS COURTESY OF ASHY PALLIPARAMBIL

Several veterans, service members and their family members participated in a Combat Paper workshop at the Warrior and Family Center at Bethesda the week of June 6, which culminated in an art exhibition. During the workshop, participants cut up old military uniforms, which are then turned to pulp to transform the fibers into paper. The next workshop on Naval Support Activity Bethesda is set for the week of Oct. 17.



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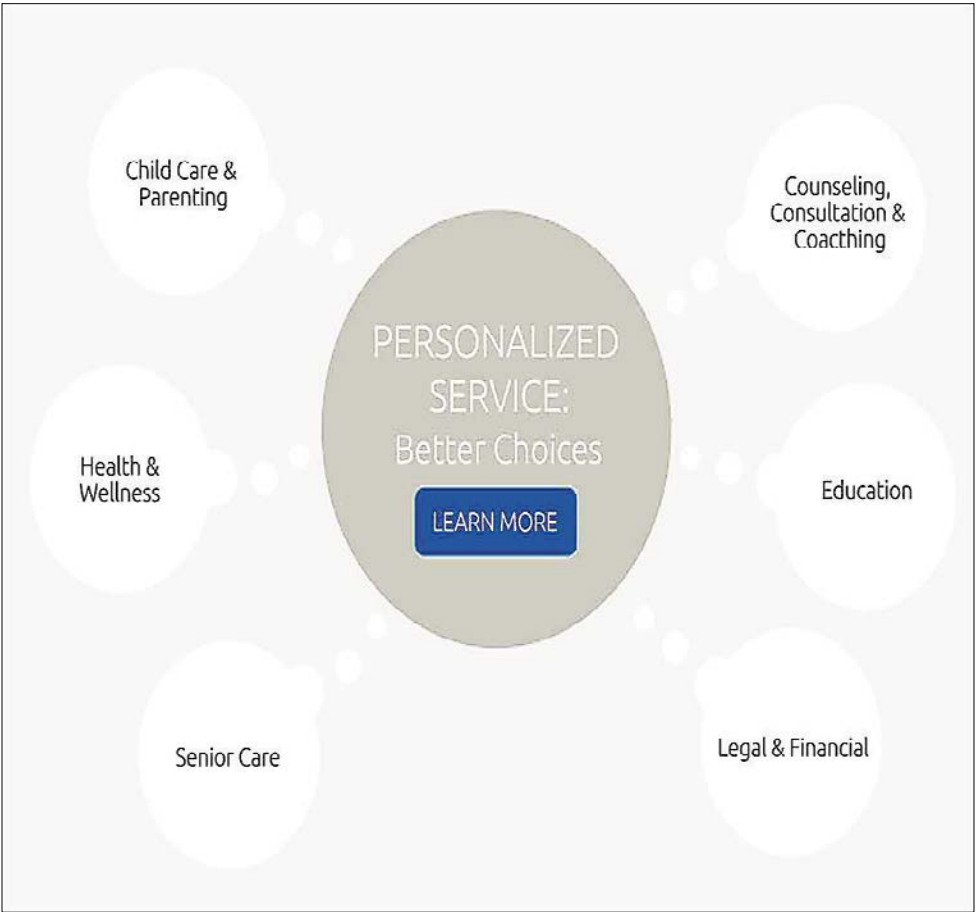
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Matt Blais earned two UMUC degrees while serving in the U.S. Navy, graduating on the very day he retired from the military. Today, he works in software integration for mission planning at a large defense contractor. Matt credits his UMUC advisor for giving him the expert guidance and motivation he needed to complete his degrees.

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Has work got you feeling fatigued or overwhelmed? Do you struggle balancing your life with demands on the job and obligations at home?

Help may be a phone call away and available 24/7 at no cost to you.

The Employee Assistance Program (EAP) has partnered with Federal Occupational Health (FOH) to provide a range of services. This work-based program offers free confidential assessments, short-term counseling, referrals and follow-up services to federal civilian employees who have personal and/or work-related issues. EAP addresses a broad body of issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems and psychological disorders.

EAP is a non-punitive administrative program available to all National Capital Region Medical Directorate (NCR-MD) Department of Defense (DoD) civilian employees and their family members. The EAP promotes

the well-being of employees and supports supervisors in helping employees with personal difficulties that may affect work performance.

The National Capital Region Medical Directorate (NCR MD) includes Walter Reed National Military Medical Center (WRNMMC), DiLorenzo Clinic and the Tri-Service Dental Clinic, Fort Belvoir Community Hospital (FBCH) to include the Dumfries and Fairfax Clinics, along with Joint Pathology Center (JPC).

To make a confidential EAP appointment with a licensed counselor, call 1-800-222-0364 (or 888-262-7848 if you are hearing-impaired). You will be offered assistance or given an appointment to meet with a counselor. There are no EAP counselors on site. Meetings with your counselor are confidential within the guidelines of the law and can be done in person or via the phone. A limited number of administrative leave hours are granted for participation in sessions. When contacting the EAP, identify your agency as Defense Health Agency — National Capital Region Medical Directorate (NCR MD).